

A continental breakfast, voluntary donation of \$2 per meal is suggested. Guests under 60 are welcome to join us for lunch at a cost of \$3.50.

# SENIOR LUNCH MENU



## JOIN US FOR LUNCH

### ABOUT YOUR MEAL

Every meal provides 700-800 calories and 1/3 of the **Dietary Reference Intake** of significant vitamins and minerals.

Your meal has no salt added and less than 1,200 mg of sodium per meal. The exceptions are meals marked with a double asterisk that are high sodium and have over 1,200 milligrams of sodium.

Most meals come with bread or a roll and margarine. Both the hot and cold meals include a dessert and 8oz of 1% milk, and some days also include a nutritious soup.

Meals include more ingredients than those listed on the menu. If you have any **allergies or food intolerances**, please inform the meal site coordinator.

### The bountiful benefits of eating fiber

Fiber increases the feeling of fullness which helps control appetite and weight and decreases the risk of colon cancer. Plus:

#### Insoluble fiber -

- Promotes bowel regularity & prevents constipation
- Reduces the symptoms in some digestive disorders
- Decreases the transit time of food through the digestive tract

#### But, what is fiber?

Fiber is a complex carbohydrate that does not breakdown during digestion. Fiber is found in plant foods. There are two types of fiber: soluble fiber and insoluble fiber. Soluble fiber is found in fruits and vegetables, dried beans, oats, barley, and rice. Insoluble fiber is often referred to as *roughage* and is found in wheat, whole grain breads and cereals, fruit and vegetable skins, nuts, and seeds. About 70% of our fiber intake is from insoluble fiber and 30% from soluble fiber.

When increasing fiber in your diet, make sure you do so gradually and drink plenty of water to keep it moving through your system. Don't eat all of your fiber for the day in one sitting; spread it out throughout the day.

### Increasing fiber in your diet

- Read food labels pick products that have four grams or more of fiber per serving.
- Use whole grain flour rather than white flour when baking.
- Eat fruits and vegetables with their skins still on.
- Try whole grains like whole wheat, corn, or oats.
- Substitute legumes (beans or peanuts) for meat a couple of times a week.
- Replace white rice with brown rice.
- Eat high fiber cereal for breakfast or add fruit to your cereal in the morning.
- Snack on popcorn instead of potato chips.
- Eat romaine lettuce or spinach instead of iceberg.